

THE CURE FOR CANCER

By, Ava Swoboda

January, 26th 2022

To cure cancer, I would target the body's' adrenal glands, cytokines⁹ and CAMP pathways¹⁰, cerebral spinal fluid through the spine, the lactic acid buildup and anti-inflammatory targets, as well as the endocrine system and lymphatic system through the specific medicinal plants and extracts using applications in a systems approach as well as preventive treatment using every meal as another point of interception to fight free radicals.

The largest organ of the body is the skin. It matters what you put on your skin, and this is still an organ so remember that it literally is absorbing what is put on the skin. You may not want extra ions on the skin and you may not want a reduction of air flow either. What you eat is absorbed into the skin, so is the lotion and bath ingredients. Skin has more than one layer and so I prefer to treat each layer.

The cure for skin cancer is Saint John's wort. "St John's wort extract has also been studied as a photosensitizer as a treatment for some tumor types. An in vitro study demonstrated that hypericin, an extract from St John's wort, combined with photodynamic therapy (PDT) resulted in cell death due to apoptosis in both pigmented and unpigmented human melanoma cells.¹

For the subdermal layer of skin, I find Orris Root Powder to absorb and soften and even reverse the effect of the appearance of the skin from aging to anti-aging. ⁵

For the dermal layer of skin, and ultimately the entire body to prevent necrosis Lonicera caprifolium berry, which can also be used for enhancement. ⁶

To treat blood cancer, Oxalis stricta removes impurities as well as miso paste which removes plastics from the blood. ^{11, 12, 13} Oxalis stricta is has properties that here is another interception across a mediated pathway and the same is true of Berberine which plays a reduction and intercepts the ACE2 receptor to "trick". ⁴

To prevent extra fat from forming if it is hindering a person, they can substitute another “trick” which I like a lot ... Matcha, which prevents the absorption of cortisol allowing the body to detox from that cycle of fat absorption as well.³

The bones are another more challenging issue but ultimately the cerebral spinal fluid and the bones can use the same treatment. For weak deteriorating bone calcium citrate does help regenerate the bones where they are depreciating in combination with antioxidants this is nearly twice as fast regeneration of the bone.

To reduce the inflammatory response and literally “reset” the body I recommend switching from dairy to non-dairy at least for a long period of time for the body to reclaim its fullest abilities. A B12 supplement most likely is necessary.⁸

A recipe I like personally to boost vitamin C which I use to fight free radicals is group rose hips, sumac and hibiscus.^{14,15,16,17}

The liver is the location to grow extra stem cells and repurpose and this can be used with the body when in a metastasized cancer stage or before.⁷

The treatment for the immune system boost and foods that have an anticancer affect are the Plants are tomatillo, turmeric and green pepper corn, D’Anjou bitter orange peel, hemp seed, green pepper leaves and tomato leaves, dragon fruit, perilla leaves and flowers, goji berry, teff, anethole (anise), citrus *hystrix* (Kaffir Leaves), Cardamom, and blueberry extract also known as *Vaccinium virgatum* (^{18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34})

1. Kleemann B, Loos B, Scriba TJ, Lang D, DAvids LM. St John's wort (*Hypericum perforatum* L.) photomedicine: hypericin-photodynamic therapy induces metastatic melanoma cell death. *PLoS ONE*. 2014;9:e103762. doi: 10.1371/journal.pone.0103762

<https://www.cancertherapyadvisor.com/home/tools/fact-sheets/st-johns-wort-and-cancer/2/#:~:text=St%20John's%20wort%20extract%20has,and%20unpigmented%20human%20melanoma%20cells>.

2. An EJ, Kim Y, Lee SH, Ko HM, Chung WS, Jang HJ. Anti-Cancer Potential of *Oxialis obtriangulata* in Pancreatic Cancer Cell through Regulation of the ERK/Src/STAT3-Mediated Pathway. *Molecules*. 2020 May 14;25(10):2301. doi: 10.3390/molecules25102301. PMID: 32422890; PMCID: PMC7288118.

3. Abraham SB, Rubino D, Sinaii N, Ramsey S, Nieman LK. Cortisol, obesity, and the metabolic syndrome: a cross-sectional study of obese subjects and review of the literature. *Obesity (Silver Spring)*. 2013 Jan;21(1):E105-17. doi: 10.1002/oby.20083. PMID: 23505190; PMCID: PMC3602916.

4. Ahmad I, Pawara R, Surana S, Patel H. The Repurposed ACE2 Inhibitors: SARS-CoV-2 Entry Blockers of Covid-19. *Top Curr Chem (Cham)*. 2021 Oct 8;379(6):40. doi: 10.1007/s41061-021-00353-7. PMID: 34623536; PMCID: PMC8498772.

5. Ganceviciene R, Liakou AI, Theodoridis A, Makrantonaki E, Zouboulis CC. Skin anti-aging strategies. *Dermatoendocrinol.* 2012 Jul 1;4(3):308-19. doi: 10.4161/derm.22804. PMID: 23467476; PMCID: PMC3583892.
6. Jurikova T, Rop O, Mlcek J, Sochor J, Balla S, Szekeres L, Hegedusova A, Hubalek J, Adam V, Kizek R. Phenolic profile of edible honeysuckle berries (genus *Lonicera*) and their biological effects. *Molecules.* 2011 Dec 22;17(1):61-79. doi: 10.3390/molecules17010061. PMID: 22269864; PMCID: PMC6268301.
7. Wang J, Sun M, Liu W, Li Y, Li M. Stem Cell-Based Therapies for Liver Diseases: An Overview and Update. *Tissue Eng Regen Med.* 2019 Feb 21;16(2):107-118. doi: 10.1007/s13770-019-00178-y. PMID: 30989038; PMCID: PMC6439111.
8. Donaldson MS. Nutrition and cancer: a review of the evidence for an anti-cancer diet. *Nutr J.* 2004 Oct 20;3:19. doi: 10.1186/1475-2891-3-19. PMID: 15496224; PMCID: PMC526387.
9. Soichi Haraguchi, Robert A. Good, Noorbibi K. Day, Immunosuppressive retroviral peptides: cAMP and cytokine patterns, *Immunology Today*, Volume 16, Issue 12, 1995, Pages 595-603, ISSN 0167-5699, [https://doi.org/10.1016/0167-5699\(95\)80083-2](https://doi.org/10.1016/0167-5699(95)80083-2).
(<https://www.sciencedirect.com/science/article/pii/0167569995800832>)
Abstract: The mechanism(s) by which retroviral proteins exert immunosuppressive influences has remained enigmatic. Here, Soichi Haraguchi, Robert Good and Noorbibi Day propose that induction of intracellular cAMP by a synthetic, immunosuppressive, retroviral envelope peptide causes a shift in the cytokine balance, leading to suppression of cell-mediated immunity by upregulation of interleukin 10 (IL-10) and downregulation of IL-2, IL-12 and tumor necrosis factor α production. This may be a crucial step towards generation of immune dysfunction.

- 10.** Raker VK, Becker C, Steinbrink K. The cAMP Pathway as Therapeutic Target in Autoimmune and Inflammatory Diseases. *Front Immunol.* 2016 Mar 31;7:123. doi: 10.3389/fimmu.2016.00123. PMID: 27065076; PMCID: PMC4814577.
- 11.** Sakauchi K, Taira W, Otaki JM. Metabolomic Response of the Creeping Wood Sorrel *Oxalis corniculata* to Low-Dose Radiation Exposure from Fukushima's Contaminated Soil. *Life (Basel).* 2021 Sep 20;11(9):990. doi: 10.3390/life11090990. PMID: 34575139; PMCID: PMC8472241.
- 12.** Campanale C, Massarelli C, Savino I, Locaputo V, Uricchio VF. A Detailed Review Study on Potential Effects of Microplastics and Additives of Concern on Human Health. *Int J Environ Res Public Health.* 2020 Feb 13;17(4):1212. doi: 10.3390/ijerph17041212. PMID: 32069998; PMCID: PMC7068600.
- 13.** Ito K, Miyata K, Mohri M, Origuchi H, Yamamoto H. The Effects of the Habitual Consumption of Miso Soup on the Blood Pressure and Heart Rate of Japanese Adults: A Cross-sectional Study of a Health Examination. *Intern Med.* 2017;56(1):23-29. doi: 10.2169/internalmedicine.56.7538. Epub 2017 Jan 1. PMID: 28049996; PMCID: PMC5313421.
- 14.** Widén C, Ekholm A, Coleman MD, Renvert S, Rumpunen K. Erythrocyte antioxidant protection of rose hips (*Rosa* spp.). *Oxid Med Cell Longev.* 2012;2012:621579. doi: 10.1155/2012/621579. Epub 2012 Jul 8. PMID: 22829958; PMCID: PMC3399354.
- 15.** Lobo V, Patil A, Phatak A, Chandra N. Free radicals, antioxidants and functional foods: Impact on human health. *Pharmacogn Rev.* 2010 Jul;4(8):118-26. doi: 10.4103/0973-7847.70902. PMID: 22228951; PMCID: PMC3249911.
- 16.** Subhaswaraj P, Sowmya M, Bhavana V, Dyavaiah M, Siddhardha B. Determination of antioxidant activity of *Hibiscus sabdariffa* and *Croton caudatus* in *Saccharomyces cerevisiae* model system. *J Food Sci Technol.* 2017 Aug;54(9):2728-2736. doi: 10.1007/s13197-017-2709-2. Epub 2017 Jun 9. PMID: 28928512; PMCID: PMC5583102.
- 17.** Ajiboye TO, Salawu NA, Yakubu MT, Oladiji AT, Akanji MA, Okogun JI. Antioxidant and drug detoxification potentials of *Hibiscus sabdariffa* anthocyanin extract. *Drug Chem Toxicol.* 2011 Apr;34(2):109-15. doi: 10.3109/01480545.2010.536767. PMID: 21314460.

- 18.** Choi JK, Murillo G, Su BN, Pezzuto JM, Kinghorn AD, Mehta RG. Ixocarpalactone A isolated from the Mexican tomatillo shows potent antiproliferative and apoptotic activity in colon cancer cells. *FEBS J.* 2006 Dec;273(24):5714-23. doi: 10.1111/j.1742-4658.2006.05560.x. PMID: 17212786.
- 19.** Giordano A, Tommonaro G. Curcumin and Cancer. *Nutrients.* 2019 Oct 5;11(10):2376. doi: 10.3390/nu11102376. PMID: 31590362; PMCID: PMC6835707.
- 20.** Rojas Jaimes J, Chacón-Cruzado M, Castañeda-Peláez L, Díaz-Tello A. Cuantificación de aflatoxinas carcinogénicas en alimentos no procesados y su implicación para el consumo en Lima, Perú [Quantification of carcinogenic aflatoxins in unprocessed foods and their implication for consumption in Lima, Peru]. *Nutr Hosp.* 2021 Feb 23;38(1):146-151. Spanish. doi: 10.20960/nh.03240. PMID: 33371709.
- 21.** Drugs and Lactation Database (LactMed®) [Internet]. Bethesda (MD): National Institute of Child Health and Human Development; 2006—. Bitter Orange. 2021 Jun 21. PMID: 30000952.
- 22.** Nair S A, Sr RK, Nair AS, Baby S. Citrus peels prevent cancer. *Phytomedicine.* 2018 Nov 15;50:231-237. doi: 10.1016/j.phymed.2017.08.011. Epub 2017 Aug 17. PMID: 30466983.
- 23.** Kis B, Ifrim FC, Buda V, Avram S, Pavel IZ, Antal D, Paunescu V, Dehelean CA, Ardelean F, Diaconeasa Z, Soica C, Danciu C. Cannabidiol-from Plant to Human Body: A Promising Bioactive Molecule with Multi-Target Effects in Cancer. *Int J Mol Sci.* 2019 Nov 25;20(23):5905. doi: 10.3390/ijms20235905. PMID: 31775230; PMCID: PMC6928757.
- 24.** Wei LH, Dong Y, Sun YF, Mei XS, Ma XS, Shi J, Yang QL, Ji YR, Zhang ZH, Sun HN, Sun XR, Song SM. Anticancer property of Hemp Bioactive Peptides in Hep3B liver cancer cells through Akt/GSK3 β / β -catenin signaling pathway. *Food Sci Nutr.* 2021 Feb 9;9(4):1833-1841. doi: 10.1002/fsn3.1976. PMID: 33841802; PMCID: PMC8020916.
- 25.** Nguenang GS, Ntyam ASM, Kuete V. Acute and Subacute Toxicity Profiles of the Methanol Extract of *Lycopersicon esculentum* L. Leaves (Tomato), a Botanical with Promising *In Vitro* Anticancer Potential. *Evid Based Complement Alternat Med.* 2020 Mar 5;2020:8935897. doi: 10.1155/2020/8935897. PMID: 32215048; PMCID: PMC7077039.
- 26.** Joshi M, Prabhakar B. Phytoconstituents and pharmaco-therapeutic benefits of pitaya: A wonder fruit. *J Food Biochem.* 2020 Jul;44(7):e13260. doi: 10.1111/jfbc.13260. Epub 2020 May 7. PMID: 32378233.

- 27.** Kagawa N, Iguchi H, Henzan M, Hanaoka M. Drying the leaves of *Perilla frutescens* increases their content of anticancer nutraceuticals. *Food Sci Nutr*. 2019 Mar 18;7(4):1494-1501. doi: 10.1002/fsn3.993. PMID: 31024723; PMCID: PMC6475738.
- 28.** Wawruszak A, Czerwonka A, Okła K, Rzeski W. Anticancer effect of ethanol *Lycium barbarum* (Goji berry) extract on human breast cancer T47D cell line. *Nat Prod Res*. 2016 Sep;30(17):1993-6. doi: 10.1080/14786419.2015.1101691. Epub 2015 Nov 2. PMID: 26525080.
- 29.** Guo A, Huang H, Zhu Z, Chen MJ, Shi H, Yuan S, Sharma P, Connelly JP, Liedmann S, Dhungana Y, Li Z, Haydar D, Yang M, Beere H, Yustein JT, DeRenzo C, Pruett-Miller SM, Crawford JC, Krenciute G, Roberts CWM, Chi H, Green DR. cBAF complex components and MYC cooperate early in CD8⁺ T cell fate. *Nature*. 2022 Jul;607(7917):135-141. doi: 10.1038/s41586-022-04849-0. Epub 2022 Jun 22. PMID: 35732731; PMCID: PMC9623036.
- 30.** Waldschläger J, Bergemann C, Ruth W, Effmert U, Jeschke U, Richter DU, Kragl U, Piechulla B, Briese V. Flax-seed extracts with phytoestrogenic effects on a hormone receptor-positive tumour cell line. *Anticancer Res*. 2005 May-Jun;25(3A):1817-22. PMID: 16033105.
- 31.** Chen CH, deGraffenried LA. Anethole suppressed cell survival and induced apoptosis in human breast cancer cells independent of estrogen receptor status. *Phytomedicine*. 2012 Jun 15;19(8-9):763-7. doi: 10.1016/j.phymed.2012.02.017. Epub 2012 Mar 30. PMID: 22464689.
- 32.** Anuchapreeda S, Chueahongthong F, Viriyaadhammaa N, Panyajai P, Anzawa R, Tima S, Ampasavate C, Saiai A, Rungrojsakul M, Usuki T, Okonogi S. Antileukemic Cell Proliferation of Active Compounds from Kaffir Lime (*Citrus hystrix*) Leaves. *Molecules*. 2020 Mar 12;25(6):1300. doi: 10.3390/molecules25061300. PMID: 32178481; PMCID: PMC7144100.
- 33.** Nag A, Verma P, Paul S, Kundu R. In Silico Analysis of the Apoptotic and HPV Inhibitory Roles of Some Selected Phytochemicals Detected from the Rhizomes of Greater Cardamom. *Appl Biochem Biotechnol*. 2022 Oct;194(10):4867-4891. doi: 10.1007/s12010-022-04006-3. Epub 2022 Jun 7. PMID: 35670907; PMCID: PMC9171093.

34 da Silveira LM, Pedra NS, Bona NP, Spohr L, da Silva Dos Santos F, Saraiva JT, Alvez FL, de Moraes Meine B, Spanevello RM, Stefanello FM, Soares MSP. Selective in vitro anticancer effect of blueberry extract (*Vaccinium virgatum*) against C6 rat glioma: exploring their redox status. *Metab Brain Dis.* 2022 Feb;37(2):439-449. doi: 10.1007/s11011-021-00867-5. Epub 2021 Nov 8. PMID: 34748129.